

Lester Levenson Additional Recording 1h30min

[Speaker 1] (0:00 - 2:43)

Another thing you must identify with is what is the ultimate state? Is it happiness? And it isn't.

It's on the way to the most delectable state. Happiness, joy, all that has a certain action, activity in it. And as you get freer it gets more and more intense.

Until it gets so intense you can't stand it. It's great for a short while. Try to let go of seeking happiness and in place of it seek peace, quietude, tranquility, imperturbability.

When you're in a place where no one and nothing can ever disturb you again, it is such a delectable state. It's way beyond the highest joy. And that is the place of freedom.

When you're in that state all you're doing is identifying with, oh, I am, I am, I am, I am, I am. Not I am, Lester, I am. This body, this mind, I got this thing, I got these troubles, I got this happiness.

Just only I am. Better than that. I, I, I, I, I.

The ultimate state is a state of I-ness with nothing added to it, just I. Not seeing the body, mind, some totals into ego. Okay, what effort does it take you to be?

How many miles do you have to drive to get to be? What do you have to do to just be? Nothing.

Nothing. Do you see how silly your whole lives are?

[Speaker 4] (2:45 - 2:50)

Struggle, uzzle, struggle, uzzle, ugly, struggle, uzzle.

[Speaker 1] (2:51 - 11:54)

It's like a mass institution of insanity. Everyone's scratching and fighting and struggling to be. And everyone is.

But identify, what is this thing, happiness? What am I doing? Where am I?

Recognize happiness as quieting the mind. And quieting the mind is getting rid of the motivators to thinking called feelings. It's so simple.

As long as you have feelings, your mind is active 24 hours a day. It's on guard to survive. Every emotion is a program for survival.

Does anyone have difficulty in seeing that every emotion is a program put in for survival? Does anyone have difficulty with that? So when you let go of all those pro-survival programs, you're not on guard.

Your mind goes quiet and you say, wow, I am, always were, always will be. Omnipotent, omniscient, and omnipresent. Instead of sending up, what's that thing you sent up yesterday?

The thing that, the shuttle. Can't you see everything we're trying to do in life is to cut short time, space, effort. Unconsciously, everyone is struggling to collapse time, effort.

How does all this trouble we go through to do it? And we can't do it going out there. When you let go of all these limitations, I'm a fragile body and if I raise the temperature ten degrees, I die.

If I eat the wrong thing, I'll die. Or the air isn't just the right way, I die. Instead of that, identify with yourself.

You'll discover you created the universe. I swear by God, you created the universe from infinity to infinity. With all those huge stars, systems, and then created a black hole for your mind.

But identify with what happiness is. Start taking it right from its source, just by being only. This does not spoil relationships.

It can only better it. Because the more you go there, the more you discover about everyone, you are me. There's no more intimate relationship than identity.

Be the other one. You can't get closer than that. Identify what happiness is.

And then when you discover what happiness is, then move on to the quiet place, the imperturbable place. And I think now you should make direct motions towards the quiet place. You do not end up in a closet when you reach there.

You could if you wanted to. But what happens is point of view. That's the only thing that changes.

After you reach the top state, you see the world as an out projection of your mind. Just like you project things in your mind in sleep. You get yourself in a room under some blankets and then you'll dream of a vast city.

How does a city get into that room? Into your bed. Exactly the same way this world comes into your experience.

You're not in this world. You put this world in you, into your mind. Get that mind quiet.

And once it's quiet, any thought you put in that mind will materialize immediately. But so long as you have Agflats, it's a constant grinding and pushing you outward. Your attention's out there and you're struggling to survive a carcass that does not survive.

How smart can we get? We fight 50, 70, 80, 90 years to accomplish something that every one of us knows is impossible. This physical body goes.

But once you see the truth, you've got no choice, you're eternal. And your point of view is that when you're ready to let go of the heavy overcoat, you'll do it with a big smile on your face. Knowing that if you want it again, you can create it or a hundred others like it.

But you don't do it because the physical body is the greatest obstaculation that beings anywhere in the universe can have. The physical body is the densest state man can get himself into. So if you do like bodies, you'll travel around in a subtle body made of a much finer substance, really made up of light particles, and they'll go instantly anywhere.

Save you car fare. Gasoline. But I mean it when I say now you should start doing these things.

And it's mere thought. When you master your mind and you're in control of it, you just quiet it. And just behind the quietude of the mind is the I that you really are.

If I ask you whose body is it that you have, you will say mine.

[Speaker 2] (11:54 - 12:08)

Okay, who are you who has that body? Just to know that one. You are not the body.

You have the body, the body's in you.

[Speaker 1] (12:13 - 13:30)

If I ask you whose mind is it that you have, you would say mine. Okay, who are you who has that mind? That's the real you.

Now the real you is whole, perfect, eternal, omnipotent, omniscient, omnipresent, always was, is now, and always will be. There's only one thing keeping you away from seeing that, and it's called thought. When your mind is quiet, what I'm saying to you is very self-obvious to you as to what you really are.

When the mind is quiet, no thought, then you cannot help but see what it is you are, this unlimited being.

[Speaker 2] (13:36 - 13:44)

Okay, what makes the mind not quiet? One thing only, feeling.

[Speaker 1] (13:49 - 15:18)

All the thoughts you have are motivated by feeling. If you don't see it now, work on it later. All your thoughts now are motivated by feeling.

If you can lift your feelings out, your mind is quiet, and you are what you are, an unlimited being. It's simple, and even though I get antagonism on this, it is simple. Why you are that right now, and all this repressed feeling, all of it, is trying with tremendous energy to extend itself, and you're using that much energy plus to hold it down.

A-H, uh-huh, you'll get to see it soon. A-H, A-J.

[Speaker 3] (15:18 - 15:23)

A-H, A-J.

[Speaker 1] (15:23 - 16:58)

But all these repressed feelings are trying with tremendous energy to get out, and you're unconsciously sitting on it, holding it down, because it's supposed to be viable. So I say it's easy to go free. It's simple.

Rid yourself of your feelings. Your mind goes quiet. Everything is obvious to you.

Okay, what is it you discover? That there never was anything but I, all, alone. I am the totality of this universe.

I am the beingness of it, which is right behind the manifestation. That the real I is that, untouchable. I'm coming into this chart now.

[Speaker 2] (17:04 - 18:10)

I use this chart so I don't leave anything out. The I I've been talking about is symbolized by the circle of infinity. I am the infinite beingness of this universe, all-knowing, all-powerful, and also everywhere present.

[Speaker 1] (18:33 - 19:10)

That's the real I that each and every one of us is, now, has been, will be. It has no limit. When you see your omnipresent, you can take a look-see anywhere in this universe and see what's going on.

You can take a look-see in the center of the earth. You can step into the sun, right in the middle of it, and see what's going on. And if you're interested in that, you'll do it.

[Speaker 2] (19:16 - 19:30)

Now, this is the real you, and it's called being.

[Speaker 1] (19:45 - 19:50)

And this is where you started. This is where you originated, right there.

[Speaker 2] (19:55 - 20:24)

Then you set up a vehicle, an instrument called mind, which is a reflector of part, of multiplicity, of division, of separation.

[Speaker 1] (20:25 - 21:07)

Up here, you see only yourself in everything, everywhere. When you go free, that's what you're going to see. Everyone is me.

Every atom in this universe is me. It's what you will see. And when you see it, you are not.

But this I, the real I of us, sets up a thing called mind for separation, for action.

[Speaker 2] (21:10 - 21:12)

And that starts the downward track.

[Speaker 1] (21:18 - 22:48)

In order to be separate, we have to set up a mind, an individuality feeling, that I am separate from the oneness. Therefore, I am a lesser, and I have a mind. And at first, the mind creates a very subtle body, then a denser body, then the densest body, the physical body.

And then we have a little circle down here, a body. So we come from this infinite being down to a tiny point called body. You can't be more limited than you are now in the physical body.

There is no further downward track for you. The only way left now is to go back up.

[Speaker 2] (22:48 - 22:53)

But you're fortunate.

[Speaker 1] (22:55 - 23:20)

Because we're at the bottom here, the incentive to get out of the confinement is so great, that you're fortunate. Any one of us could go straight to the top in this lifetime, in a few years, or in a few months. As you choose.

[Speaker 2] (23:23 - 23:24)

The choice is up to you.

[Speaker 1] (23:32 - 26:33)

When I first went to the ranch, I left New York only because people around me were annoyed by what I was. I guess the power was too overwhelming to them or something. So I decided to park the carcass out there in an isolated spot.

And I was not aware of the fact that everything around me was a miracle. Because when you're there, it's like breathing. You don't notice it.

When people came in, they began pointing out all the unusual things. It was funny. To satisfy them, I thought I was doing things their way.

Like one time, the car I got now stopped working. I said there were two girls in the car. Well, it's a start.

It won't start. I get a screwdriver and I fix the starter. I get back in the car.

And Frances Allen purrs out laughing. I said, what are you laughing at? She said, what did you need the screwdriver for?

I said, just fix it. Didn't you see me? She said, yeah.

She just touched it. When I thought back, I said, gee, that's right. I rode around in that car for two years with two dead cells in the battery.

So almost every time I thought it started, it wouldn't start. I just let go. Everything is perfect.

It started up. Until one day I was down in Phoenix. My friend Tony Siren seated.

I had to take him to the bank. I get back in the car. I sit that close.

The little sound, that was it. And there was a sign, Atlas Batteries across the street. Something within said, do it their way.

Cost me \$23. Without thinking, I used to walk through trees, through barbed wire fences, standing over a rattler. Someone took off like a rocket.

She was an old lady. She was in her late 70s. Never saw a moose up there.

I watched her. She got up. So what's the matter?

[Speaker 3] (26:33 - 26:35)

Snake, snake, snake.

[Speaker 1] (26:36 - 43:24)

I looked around. It was right between my legs. Okay, and I walked on.

Nothing will ever touch you when you're in that state. But the point I'm bringing out is the effortlessness of living. When you reach there, the snake was there, the car was there, the dead battery.

But it's meaningless. A mere effortless thought, and it's the way you would like it to be. But you don't go around 24 hours a day trying to survive a body that won't survive.

Get that mind quiet, and that top state is natural. Identify what happiness is. Discover it's you being you.

From there on, take all your happiness from you and keep releasing until your fears of dying just almost overwhelm you. But then you're able to handle it. Release them as fast as they come up, and you're free.

It's not the final step, but it's getting very close to it. Once you release the fear of dying, you'll discover the next and last step. And you don't become an idiot, a zombie.

You just become the universe. Your beingness, you see, is the total beingness of the universe. But your point of view is entirely different.

This thing here is just as real to me as your night dream. Dreamingness would be real to you after you wake up. Say, I woke up.

My mind went quiet. Oh, now I see. So after you see the dream nature of the so-called waking state, which turns out to be a sleep state, you're just as much asleep now as you are when you're dreaming in the nighttime.

But you classify it as a waking state. So when you'll get your mind quiet enough, you'll discover this, that this is a dream, creation of yours. And what happens to the body is you just let it go its way.

You forget about it. You give it its just due. Or even if you don't, it doesn't matter anymore.

It's only a thought. Your body is only a thought. And when you do these unusual things, like out at the ranch the first time, I teleported with others.

And believe me, it's just as much a surprise to you as it is to anyone watching, because it's not really something you do. You get yourself out of the way. And it happens.

And I was just walking back from a hike with two others, and I was tired, and I said, oh,

there must be a better way. I said, sure, everything is perfect. And I said, turn, one foot was up a mile and a half away from the ranch.

And I said, fix. The front foot was just outside the ranch. But there's no movement.

And what a surprise to me was the other two came along. And Dmitry couldn't accept these things. That was the biggest of all surprises.

He just couldn't accept these things. And when Frances ran and said, I said, we teleported, Dmitry's brain began to hurt. So I had to shout her down, you're crazy, Frances, and she shut up.

Mere effortless thought. And we were a mile and a half back at the ranch. The interesting part of it is no one was really disturbed.

Where we left and where we went to looked exactly alike. But the next day when I asked Frances, what made you think we teleported? There's no motioning.

Like in a lifetime, you think San Francisco is San Francisco. Next moment you think New York, it's New York. That's the way it works.

And she laughed and she said, well, I know we teleported because we collected a lot of rocks on the way up to Dmitry and I. We bypassed them all. And also I could see Quarry Hill, which is on the ranch.

Through the trees she saw one of the hills on the ranch. And those things used to happen actually without premeditation. I think if I were to say I want this or I want that, it would never happen.

You let go. You let the perfection be. You let the harmony be.

As long as there's a body, there's limitations. Can you see that? As long as there's a body.

It's a confinement. When you identify with your beingness, you're omnipresent. When you identify with any body, you're at that spot only.

I'm trying to take knowledge up here and bring it down to where it's understandable to you so that you can use it to get out of here and go up there. Am I communicating with everyone? Is there anyone who's not getting these concepts?

No. If I had the answer, I wouldn't present it. I want you to know it.

What I know helps you learn. No, I mean you would know if we're getting it or not, but you're asking me for another reason. See, if we know it, it's helpful to you if you know it.

Not helpful to you if I know it. You know what I'm saying? I'm saying that you know if we

know it or not, but you're asking that question to see if we know it.

No, not if you know it. For you to look at it and know it, get to know it. It's not a question of what I know or what you know that I'm here for.

I'm here to get you to know it. So if I ask you, do you know it, you've got to go in that direction and say, do I know that? Talking about knowing, I keep repeating the thing that helped me so much, was I only know that which I can do.

Not think, but do. I only know that which I can do. How infinite am I?

I would keep posing that question. It kept prodding me by showing me how far down the line I was until finally all the powers in the universe drop into your lap, all your confinements are gone, and you can prove them to yourself if you don't want to prove it to someone else. It's sometimes very disturbing to others when they see someone with unusual powers, which everyone has in the first place, so you don't necessarily show it.

But because I was trained as a physicist and you had to prove things out, I had witnesses to everything that I did before I accepted it as a good physicist would. You think you're in this physical body. The reason why you're blunting, you're holding on to the lifeline by your fingertips, about to die any moment, which is the way we go through physical life.

That's why I drew it that way. But we operate the physical body with the astral body. Our minds are in our astral body.

We contact the physical body in the lower part of the neck, the medulla oblongata, and through here we operate the body through the brain, which is only the switchboard that connects up all the parts. There is no thinking going on in the brain. So when you read these theories of left brain, right brain, that's all put out by lame brain.

And everything they're doing with the brain is in a physical realm which the mind is not in. And so they cannot understand man's behavior. But knowing that the brain is in the astral body can be used to your advantage.

If you get involved with spirit entities on the other side, and many people do, I don't know why, probably a carryover, you never ever have to fear an evil spirit. Because these characters on the other side, in the astral, what to them is their real brain, what to them is their real reality, is their mind. Everything is mental there.

And whatever we do mentally, to them is real. So if you've got some evil spirit trying to beat up on you or do something to you, you just mentally hold what you want, and this one's wafted away. You never have to fear the other side, the astral.

They can take an astral stick and beat on your head and beat on your head and it goes right through your body and you don't even know it. Unless you're psychic. If you're

psychic, it might hurt you.

So if someone's got some evil potion or some evil sentence and so forth, you just smile at it and you just know they cannot touch you and they cannot. As you move up, start going back home, the characters on the left side are jealous of your state. You see, we're ahead of at least one half of the people in the universe, more than one half, because we're coming up off the bottom, and more than half are on the way toward it.

But these people are what are called the jealous gods. They have powers, just like someone moving up here has powers, and they're equal in powers. They can mentally manipulate the physical matter, things like that.

So when you start moving up, the ones behind you, because of jealousy, try to slow you down. They'll tempt you. Oh, you're above all that nonsense.

You can do it now. You can play with that fire down there. It won't burn you.

And I've watched so many people succumb to these characters because they're playing around with the astral, with the psychic, and they're trying to develop a power here, a power there. So it's a tremendous advantage to be in a physical body. You have no idea the numerous people in this universe who are trying to come in through physical bodies on our planet.

And at every conception, there's thousands trying to come through. Usually only one makes it. Because on the other side, they know that here is the greatest opportunity for going free.

You're lucky. It's a tremendous advantage to be in a physical body. I think it's the worst disadvantage to try to hold yourself in a physical body, and that's what everyone's doing.

Your whole life revolves about waking the body up, dressing it, tampering it, sending it off to work to make some money to put some food in it, lots of food in you, so it can go on in the physical body.

[Speaker 2] (43:29 - 43:44)

The body's nothing but a garbage-making machine that everyone knows doesn't go on. And like good A.H.s, we're all trying to make it last indefinitely.

[Speaker 1] (43:54 - 44:08)

And now some of you are getting glimpses of moving up as you release. Such as right here. You get experiences of your being here.

[Speaker 2] (44:17 - 44:41)

The mind's involved in doing this. And then it will give you the scale of action.

[Speaker 1] (44:43 - 45:06)

In a much better presentation, I've just given you the three words. And in the state of identifying with the I of life, we're in a state of being here. When we identify with our mind, we're into doing this.

When we identify with the body, we're into having this.

[Speaker 2] (45:06 - 45:09)

We're into having more and more and more.

[Speaker 1] (45:23 - 50:12)

We're in the highest state of being, the most delightful place to be. Sometimes that's a good release, a movement into that state of being. But the remaining garbage doesn't allow you to stay there.

Because the remaining garbage is trying to protect this body. And you're stuck right down into the body consciousness. If you're identifying with your mind state, you're into action.

You're identifying with the body. You're into having this, wanting to have this. If I only could have that, that would make me active.

Now it's possible to vary from one state to the other. Most of the time you're here. Much less of the time you're here.

And you're on occasion here. You're here much more than you know. But in such a habit of identifying with the body, you're discounting.

And you're feeling high. There's no thought. That's it.

It's simply let go. Come down through the body and wanting to be heard. So you do experience this new state.

In fact, you're experiencing this top state all the time. You say, I have this. That isness of you is the top state.

But then you immediately say, I am this body with all its needs. You say, I the infinite being am this body with all its limitations. You're stuck right now in the body.

With everyone. With every moment. Feelings.

The being. Otherwise you feel sick. But all the time using the mind to protect the body.

Hear the feelings. It's so simple. Give yourself the feelings and you're up here all the time.

Mind is the instrument of separation. It separates us from the other. And when there's no more mind, no more thought, you're in a state of oneness.

Somebody knew something when they used the word I. The closest word for God is the word I. As you'll notice, the I is the number one.

And the God state, the ultimate state, is the oneness state. Where you will see everything as you. As your very own self.

That's all there ever was. And that whole world out there is just a projection that you projected out there via your mind. Just like a movie projector projecting on the screen.

The mind is a projector. But you're the operator of the projector right behind you. And you project everything through the projector onto a screen.

And then you see people, armies, wars, dying, blood, fire. But nothing ever happens to that screen. And that screen is the highest state.

And this whole world is a mask. You can only see it in your mind. But your mind displays the world's time.

[Speaker 2] (50:12 - 50:18)

Don't wake up. Don't move on. It's impossible to do that.

[Speaker 1] (50:23 - 50:29)

The world is only in your mind. What you've lost sight of is that you projected it out there.

[Speaker 2] (50:31 - 50:59)

And that right now is some photo of all you're thinking in. Most of which is subconsciously held in your hand. In the after picture, you'll still see the world.

But you'll know it for what it is. Just like an oasis out of desert.

[Speaker 1] (51:02 - 51:15)

You'll see the illusion of water. And when you go to the water and find out it's sand, and you walk the desert again, you'll still see the oasis.

[Speaker 2] (51:16 - 51:26)

But the after picture is you don't go there to drink. And you see the truth of this world.

You won't dip into the world to drink.

[Speaker 1] (51:29 - 51:53)

Because all the water there is is right in your being. All the happiness that you think you're getting from the world is only when you are being you. You let go of the agony of the desire for it.

You fulfill it. That moment your mind goes quiet and you move up into your being. And that's what you call happiness.

[Speaker 2] (51:55 - 52:00)

The only thing that happiness is is your being your beingness.

[Speaker 1] (52:09 - 52:26)

Once you catch that, you'll stop chasing rainbows in the world. You'll stop chasing that parrot like the donkey does that hangs over his head all day long and walks around in circles riding a pump or something.

[Speaker 2] (52:28 - 52:57)

That's what we're all doing in this world. The donkey has it. They ate this frozen so hard it's hard to get that which we didn't have.

And why do we want it? So we can feel our beingness. Which we put in the first place.

We don't have to go chasing it.

[Speaker 1] (53:04 - 1:13:48)

The number one program on the chart is separateness. The very first program we put in is wanting to be separate from the one. From the oneness.

The oneness is our beingness. It's omnipresent. Right now your beingness is everywhere present.

We start cutting ourselves off from it by saying I'm going to be separate from it and we put a circle around ourselves to encase our beingness into a thing called mind-body. Our beingness sets up a mind which imagines as a body. So everything you do and will keep on doing until you reach freedom is to undo that feeling of separateness.

On the chain of separateness comes mind, body and everything to do with the body. Other bodies, mama, papa, children, husband, wife. It gets more and more involved as you move out from the top state of oneness, of beingness.

But this beingness that you are is always there. There's nothing more intimate than this infinite beingness that you are. When you say I, that's it.

When you add on to it that isn't it. That's what you need to let go of. You just say I, I, I from here on you'll be there.

But the moment you add something on to it I am this body or I am this mind or I, I am that's not it. You're separating, you're imaging in your mind more than the oneness. And the more you image the further away you are from that top state of just being.

Because you're being the body, you're being the mind, you're being the husband, you're being the wife, you're being the child, you're being the friend. Then you're in being the body you're being involved in everything to survive, keep that body surviving. But there's one thing you can't let go of, that's the word being.

That's the part of you that has no limitations. That's the part of you that you're looking for in every last act you do. You're unhappy because you're not just being.

Unhappiness is just moving away from beingness. So the more you try to be a body, the greater your unhappiness. There is no misery in life when we let go of identifying with the body and just identify with our beingness.

Are you? Sure you are. That's it.

Period. Nothing else. That's it.

You see the KISS theory? It's so simple. How do you get rid of all the obstacles?

Ag flap, that's all it is. These programs put into the banks of the mind keep operating until we release them. You get these programs out of the mind, the mind goes quiet and your beingness is so loud you cannot help but be self-obvious to yourself and to what you are.

Truth, reality is that which never changes. And there's only one thing that never changes. The reality.

The truth. Our beingness. So we start from our beingness.

We create a mind. The mind reflects all the parts. The mind creates all matter.

And when you get involved in matter, everything matters. And you're just plagued by a bunch of nonsense. So we need to start going back up the chart, ridding ourselves of all these unconscious deep programs.

Ag flap and so forth. I'm back at the point that I started with when I first spoke to you. Identify where you are, where you're going, what it is that needs to be done to get there.

Does an infinite being have to work for a living? Do the free ones have jobs? Let go of the importance of work.

Of course you've got to do that which you have to do. Otherwise your program says, I will die. You need this carcass to plague you until you get back up to the top.

The only purpose for being in this world is to discover our freedom. The only purpose to come here is to get rid of all the limitations. And where are the limitations?

In the mind. I'm afraid I can't. I'm guilty.

I don't deserve it. I'm angry. Apathy.

The whole purpose of being here is to rid ourselves of all these mentations that are deeply programmed and are the accumulation of many, many millions of years. Millions of lifetimes. And yet when you release at the bottom line you can go free in a matter of months.

Getting it constant gets you there. The momentum like you're into now. You're able to release.

As you release you get high. From the high place you can reach down deep and pull up the fear of dying. When you're free of that fear of dying there'll be a much stronger agony, the feeling of separation.

But because you've released so much when you've let go of the fear of dying, you can handle it. And you throw out the feeling of separation. And you're there for the capital T.

Where are you weakest? Step number one. Your want for freedom is less than your want for the bondages of the world or the limitations of the world.

You've got to get step number one in and all the other steps will fall into line for you. When you want freedom more than you want anything else you'll get it quickly. A month or two.

Because you'll carry out the rest of the steps with ease. But you're wanting things of the world more than you're wanting freedom. Which is obvious by where you're at.

Working for a living couldn't be more stupid once you're free. Work for a living. You're eternal!

What do you mean work for a living? But if you have to, right now stay with it, but use it all the time for releasing. You don't like working.

Or even if you like working you can release that. We have to release the upper area courageousness, acceptance and wanting peace. The last thing you do release is

wanting that ultimate state.

But that happens on its own. I am it. I am there.

That's it. So to sum it up, identify where you are. You're a beingness.

You're a mind. You're a body. Your beingness creates your mind which creates the body and the material world.

See that you're got a computer going you threw it on automatic and it's running you. Make the decision of hell with this being pushed around. You always get that picture of a donkey working all day long after a carrot.

That carrot is the world out there. We're just as smart as that donkey is. We're after that carrot.

All we need to do is stop chasing it and be. And that's it. So deprogram that computer by ridding yourself of the ag flap, the wanting of approval, the wanting to control, and finally the wanting to survive as a physical body.

And it'll take as much time as you so decide. It can be in months. It should be in months.

But check yourself. You don't believe you can have things just for the mere thought of it. And yet I know a lot of you have already experienced miracles.

You still don't buy it. So I'm pleading with you. Stop the nonsense.

Be free. By the time this course is over know exactly what it is you need to do to go free. You get out of the having the state into the doing the state that puts into the being the state.

When this course is over you should know exactly what it's all about. No doubts as to where you are, where you're going, and why you're not there. Now, okay, I think I'll end on that.

I'd like to take up where I left off last time to try to get each one of you to identify where you're at, where you're going, what you need to do to get there. Is there anyone who feels that he or she does not understand that, what freedom is, what I am now, what there is in my way to get there? Is there anyone who does not fully understand that...

Oh, good. Bye-bye. But that's great.

I didn't hear you, Michael. No, I just think that if I really can only understand what freedom was, that's how I'll be there. That's true, but within your mind you can understand that I am here and up there is freedom, that nice, perfectly quiet place, and that the only thing that's keeping me from remaining there is the noise of my mind

called thought.

We all think now that we are egos. There comes that pun, ego, you must go. And ego is the blight upon ourselves.

When the ego is gone, you're abiding only in your beingness, seeing everything external as an out-picturing of a camera you set up called your mind, which you have filmed with banks and banks and banks of films called programs, the heaviest of which are emotions, feelings. The ego is a sense of separation from the one, or oneness. When we identify with our beingness, we see no otherness.

Not only are you me, but every atom out there is me, or if I let go of the projection, I only am. And that's the greatest state possible. It's the end of the line or the beginning of the line.

Understanding, as Michael pointed out, is actually being it. If you want to know what a dog is, be the dog. If you want to know what a tree is, be that tree.

It's possible. If you want to know what freedom is, be your beingness. But this is one reason why the person's on the street, the isolated, so as not to intrude upon people.

That was the reason why I left New York and went to Sedona. I saw people were annoyed with my beingness. Oh, wipe that smile off your face.

I didn't even know I had a smile. And I don't think I did. So I took me out of society and part, that was myself from 52 to again 61.

But occasionally went out. Did talk to groups that were formed overnight. I'd go to Los Angeles.

That night a group of 25, 30 would get together. And every night while I was there another group would go. I'd just go from group to group and then go back to my place in Sedona and just that.

It was good to be. Occasionally go out and talk. I don't go to Los Angeles, but to New York.

And a few times found myself covering the country, talking to New York City, Cleveland, Chicago, other cities, Minneapolis. It would all happen. And then I'd retreat again.

So I did move out. I didn't go. From 52 to 61.

Only because I was an insubordination of mine. They'd go.

[Speaker 5] (1:13:53 - 1:13:56)

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[Speaker 1] (1:14:11 - 1:14:55)

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[Speaker 3] (1:14:55 - 1:14:57)

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[Speaker 1] (1:14:57 - 1:15:03)

... .. I'd rather thank you than be going free.

[Speaker 2] (1:15:09 - 1:15:18)

What is mastering the body? What is mastering the body?

[Speaker 1] (1:15:20 - 1:17:10)

Instead of having a sick body, have a perfectly healthy body just for the thought of it. After which, if you don't identify with the body, it can be in severe pain, you know it, and it bothers you, you know it. Or, it can be in severe pain, and you can choose to feel the pain, and it doesn't bother you.

That's mastering the body, we've got to master the body, because we're working on the body. What happened to me in 62, after sticking with the molecular theory, from the 20s on, intently, I suddenly see the picture of energy. Matter, is only energy frozen at a point.

This cup has more energy in it than our present hydrogen bomb, but there's tremendous change going on in structures that are sticking together in this form. Matter is frozen energy. Energy turns out to be our minds in motion.

[Speaker 2] (1:17:20 - 1:17:25)

And when we quiet our minds, there's no more motion. There just isn't.

[Speaker 1] (1:17:27 - 1:18:22)

And the point of view of this seems to be everyone else is motion, everyone else is form. You see only yourself as being this. It's not up there at the top, you've got to come down and see it.

Yeah, when you come down and you see it, you know it for what it is. And you don't

forget the truth once you've really seen that, once you've seen it out in your mind. You don't forget.

It's an act, it's all it is. You cannot forget that it is.

[Speaker 2] (1:18:25 - 1:18:52)

The world is no good. Yeah, that's the point. I'd get killed for that.

Right, I could defend my saying, use the world, the alphabets, and the conclusions, to get what's best for the world, but the other things are no good. Right. However, you'll never know that it's no good.

Until you get it.

[Speaker 1] (1:18:53 - 1:19:19)

Get it first, and you'll see it's no good. Now, when you first get it, there's nothing nice in it, and it's important, right? But the rest of it's rubbish.

It's a letdown. Especially for those who obtain both of them. Some of them commit suicide.

It's such a letdown.

[Speaker 4] (1:19:22 - 1:19:25)

A good number of them drug and alcohol.

[Speaker 2] (1:19:29 - 1:20:07)

And a smaller number, a drug force. Now, here's something that's important. I think that if you think about it, if you adjust it, adjust in this toleration, he's not a, what?

He is now? Well, when he first let go of alcohol, he went into pain. And he lived a nice life, away from the eyes of the public.

There was a period there where he did that.

[Speaker 1] (1:20:08 - 1:20:10)

Well, it started in the end, anyhow.

[Speaker 2] (1:20:15 - 1:20:37)

So when you obtain that pain and fortune together, you obtain the most of it. And it doesn't bring happiness. And it causes frustration.

It drives people to drink and drugs. They get their CDs, or drugs.

[Speaker 1] (1:20:45 - 1:20:55)

I'm really saying that the world, the spiritual world, doesn't get it for you. It's been spiritual for thousands of years. Look where it's gotten.

[Speaker 2] (1:20:56 - 1:21:14)

The spiritual world doesn't get it for life. They try to give it to us via the mind. Thou shalt be good.

Thou shalt not be bad and burn in hell forever. And they're telling us what to do.

[Speaker 1] (1:21:17 - 1:31:12)

And here, mentally, we say, Praise the Lord. There is no spiritual, physical. There's a oneness.

And people who separate into spirituality are in the separation in their mind. They're not really moving ahead, spiritually. So let go of the fears.

If I go free, I will die. I think this is probably the number one holdback for all of us. I will die if I go free.

These feelings are going to keep me surviving. They are my protection. I'll get angry and I'll swing at them.

I'll get courageous and wipe them out. Look into your feelings. Examine them.

Identify exactly what they are. They are pro-survival, but actually, in effect, anti-survival. We all have that feeling, I will die if I go free.

All you die to is the miseries. You take the great ones. Did Buddha disappear when he got free?

I think he went back to being prince or king, did he not? Did Jesus die? Yeah, but he used it to prove immortality.

He came back in three days. And he's still around. So is Buddha.

Yogananda was a free one. Look what he did. Came over from India and set up a huge organization.

Ran it all by himself. And when he left in 52, I met his disciples, I think it was 54. They were still totally bewildered, not knowing what to do, because Yogananda did everything in the organization.

They were paralyzed for several years because he was doing everything. Now he was a free one. Look what he did.

He had three gorgeous properties, set them up, got tens of thousands of followers. An interesting story on his body. I met his disciples, two different ones told me about it.

He had six feet. He couldn't stand on them, they hurt. And one day he had to give a talk at their headquarters out in the open, probably a thousand or a few thousand people there.

They carried him into the car, he couldn't walk. When he got there, the people were there. And when they got ready to carry him out, he said, oh no, not in front of people.

He got out of the car on his own and he walked up to the platform. Marina Lini is the name of the sister who told me about it. She said, she looked at him and she noticed his feet were not touching the ground.

Because they hurt. He levitated up to the platform. No one knew it.

Except she and the disciples around him who had to carry him into the car. Now I tell you that to not try to judge a free one by what he's doing. You pick on, well someone said I took some vitamins.

Well wonderful, what's wrong with vitamins? I sleep, I eat, so what? The question is, do I have to?

And the only reason why the great ones live like we do is because we can't comprehend them if they don't. They come down into our limitations so they can't communicate with us. But like Yogananda, he had sick feet and he had to walk.

He didn't want to show it to the public, so he levitated. But I think the real reason why most of the masters are quite sick at times. Vivekananda all his life had a terrible body.

Excruciating pain. They do it as a reminder to them that they are not that body. Because they don't suffer the body.

No matter how much it hurts. They'll laugh. The body's hurting.

It doesn't bother them. They don't identify with it. They identify with their beingness.

Beingness cannot hurt. You can do the same thing. But try to get rid of I will die if I go free.

That's what Michael went through, right Michael? You'd lose everything. Everything's gone.

It isn't. When you're free from the mere thought you can have anything. Sometimes you

can have a hundred bodies and talk to a hundred different people at the same time because there are no limitations.

If you read the autobiography of a yogi, several of the masters, after they died, came back. Yukteswar was one of them. He spoke to four people, ten o'clock the next morning, in a physical body at the same time.

There are no limitations when we are free. I'm trying to propagandize you into letting go of fear of dying, of the fact that if I go free, I'm finished. It's just the opposite.

You've got to watch that tricky mind of yours. It keeps you down in the dumps. You shouldn't have to work for a living.

You're an infinite being. There are other worlds where people never curse in the work for a living. Nature supplies an overabundance of everything for the mere thought of it.

In fact, as I said last time, there's nothing out there but the outpicturing of your mind. If you picture slavery, you're a slave. If you picture freedom, everything comes to you without effort.

Stop wasting time on the body. It creates karma, and karma is a harmer. You can never rid yourself of karma because to every act there's an opposite and equal act.

That's the first law in physics. But it applies to what? As you're trying to work out karma, you're creating karma for the future.

It's impossible to work out karma. But what you can do is transcend it. See what you are.

And there is no karma. More specifically, karma is programs. And basic programs are feelings, and the most basic program is the feeling of separation.